

## OUR PARISH MISSION STATEMENT

In our Parish people are nourished by the Word of God. It is a Parish where love is tangible and practical. It is a place where people pray together. Our Parish community is centred on Jesus Christ, on knowing and loving Him. It is incarnated in the love we show one another.

Fr Pat O'Donnell (064) 7758026 086 8351732

**SAFEGUARDING REPRESENTATIVES** Siobhan Carmody 087 9498347 (Gneeveguilla). Betty Moynihan (087) 6186091 Knocknagree Margaret McGrath 089 4182683 Rathmore, Stephanie Brosnan 087 9449288 Shrone.

## SATURDAY 16<sup>th</sup> NOVEMBER & SUNDAY 17<sup>th</sup> NOVEMBER 2024

Sat 16<sup>th</sup> Shrone 6.00pm Shrone & Hollymount NS (Do this in Memory of Me)

Jackie & Cathy Scannell Shronebeg, John & Eileen O'Connell, Ferm Millstreet, Nell & Denis O'Mahony, Gneeveguilla Denis Duggan, Gortnagown & also remembering his parents Bill & Mary.

Sat 16<sup>th</sup> Knocknagree 7.30pm (Months Mind) Noreen Hickey Brú na Sinsear/ Umeraboy

Sun 17<sup>th</sup> Gneeveguilla 9.30am Neil Fleming. Margaret Brosnan, Tureenamult

Teresa O'Keeffe, Tureenamult & her parents Nellie & Sonny O'Connor & her niece Aileen O'Riordan & Grandnephew Darran O'Sullivan. Denis Holey, Mallow/Castlemagner

Sun 17<sup>th</sup> Rathmore 11.30am Peter & Bridie Dennehy, Anablaha. Ann Leane Cronin, Freemount Gates.

Mary & Genie O'leary, West End & their son Denis O'Leary, their daughter Maureen & her husband Bill Charleton & all deceased members of the Dineen family, Milleen. Lizzie & Bertie Desmond, Rathmore Townland

Pastoral Area: Fr Joe Tarrant (064) 7751104 0863978642 on call Sunday 17<sup>th</sup> Nov for emergency and sick calls.

## MONDAY 18<sup>th</sup> NOVEMBER to SUNDAY 24<sup>th</sup> NOVEMBER 2024

Mon 18<sup>th</sup> Gneeveguilla 7.00pm November List

Tues 19<sup>th</sup> Knocknagree 9.30am (note Church ) November List

Wed 20<sup>th</sup> Rathmore 7.00pm Pat Joe & Mary Cremin, Counerough.

Deceased Members of the Eucharistic Adoration Group. Vincent & Joan Cahill, Cahills Bar & their sons Donal & Stephen, daughter Ann & son-in-law Frank & daughter in-law Margaret.

Thur 21<sup>st</sup> Rathmore 10.00am (Note Mass Time) **Presentation Day**

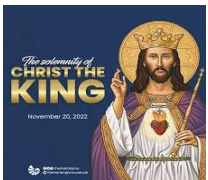
Fri 22<sup>nd</sup> Rathmore 9.30am (Note Mass Time) People of the Parish



Sat 23<sup>rd</sup> Shrone 6.00pm November List

Sat 23<sup>rd</sup> Knocknagree 7.30pm Betty Murphy & her son John Gerard, Park. Jerry McSweeney, Knocknagree Hannah & Denis O'Sullivan, Mountcain. Andy B. Hickey, Mountcain. Benny & Maura O'Connor Umeraboy. Denis O'Sullivan, Clounts

### Feast Of Christ The King



Sun 24<sup>th</sup> Gneeveguilla 9.30am Michael Cashman, Gullane. Charlie Collins, Lyreacorrin Julia & Patrick Doyle, Maulykevan & also the deceased members of the Doyle & Moynihan families. Fr. Dan Cronin, L/o Quarry Cross.

Sun 24<sup>th</sup> Rathmore 11.30am Sonny & Nora Cahill, West End. Tim O'Keeffe, Presbytery View & his sister Julia l/o Lisheen

**NOTICE**

Parish Office: Opening Hours: Mon, Tues, & Wed 9.30am -12.30pm - Fri 11am – 2pm **CLOSED THURSDAY**  
Parish Office: Booking of Masses, Mass Cards, any query, just call, phone (064) 7761669 or email

[rathmore@dioceseofkerry.ie](mailto:rathmore@dioceseofkerry.ie)

### Camino Update.

Such has been the interest in the Camino, that we are no longer taking bookings.

However, you may put your name on a waiting list and we will notify you if any vacancies arise



## Journeying through Grief in a Spiritual Way

Death is something we all experience. Birth and death are the doors we all go through, one into this world and the other to leave it. And there is no one who has gone through those doors who can tell us what it is like and to give us wisdom. The newborn is too unformed. The one dying is gone. Yet the impact of those two events are profound, changing the course of all life no matter how humble the person.

Above all, mourning is a spiritual journey of the heart and soul. Grief and loss invite you to consider why people live, why people die, and what gives life meaning and purpose. These are the most spiritual questions we have language to form. Mourning invites you down a spiritual path at once similar to that of others yet simultaneously your own. You can discover spiritual understanding in many ways and through many practices—prayer, worship, and meditation among them.

**Practical ideas: If you attend a place of worship, visit it today, either for services or an informal time of prayer and solitude**

When you are faced with loss, it can be difficult to feel a sense of gratitude in your life, yet gratitude prepares you for the blessings that are yet to come. Think of all you have to be thankful for. This is not to deny you your overwhelming loss and the need to mourn. However, you are being self-compassionate when you consider the things that make your life worth living, too. Reflect on your possibilities for joy and love each day. Honor those possibilities and have gratitude for them

***Practical Ideas: Start keeping a gratitude journal. Each night before you go to bed, recount your blessings from the day. At first you may find this challenging, but as you continue this daily practice, it will get easier and more joyful.***

During times of grief and loss, many people find it restorative and energizing to spend time in nature. Returning to the natural world encourages you to discover what is essential both within you and the world around you. If you allow yourself to befriend nature, you will discover that its timeless beauty is renewing and healing. Observe how children respect and honour the spirit of nature and its beauty because they understand it instinctively. Flowers, birds, bugs and butterflies often bring enthusiastic cries of recognition in children. You too can approach nature with the openness of a child. Take pleasure in the sounds, sights, and smells that fill your senses.

***Practical Ideas: Today, reflect on your relationship with the natural world. Go for a walk or hike and invite the Divine to come along. Allow nature to sustain you and bring you peace***

Choosing to spend time alone is an essential self-nurturing spiritual practice. It affords you the opportunity to be unaffected by other's wants and needs.

It is impossible to really know yourself if you never take time to withdraw from the demands of daily living. Alone time does not mean you are being selfish. Instead, you will experience rest and renewal in ways you otherwise would not.

Getting away from it all can become your refuge. So much of modern life invites you to keep busy—e-mail, phones, TV, all competing for your attention. Yet, when you have special mourning needs, the last thing you need is distraction. As you rest and renew, you can also better meet the needs of those who depend on you. Your human spirit is naturally compassionate, and once you feel restored, your instinct to be kind and generous to those around you will be revitalized.

In the Gospels we frequently see Jesus going to the quiet place. Jesus would sometimes send people away, disappear without warning or explanation, and retreat to a place of rest. He modelled the simple spiritual practice of rest and alone time as a natural, nourishing, and valuable companion to times of busyness. If Jesus went to exile, so can you!

**Practical Ideas: Schedule one hour of solitude into your day today.**

*Alan D. Wolfelt*

**Prayers & Sympathies** To Jerry & Lena Kelleher & family Islanderagh & Maureen Moynihan & family on the death of their sister Noreen Bowler Loughbollard, Clane, Kildare. Noreen's funeral took place on Tue 12<sup>th</sup> Nov in Clane. To Aeneas O'Brien, Maria & family & all relatives on the death of Michael Daly I/o Dunmont New Jersey & Knocknageha.  
May Noreen & Michael rest in peace and may all who mourn their loss be comforted.

